

Year 7 food overview

	Theory focus	Practical focus
Autumn 1	Health and safety/ basic skills	Basic foods
Autumn 2	Healthy eating	5 a day foods
Spring 1	Where does our food come from?	Food around the world
Spring 2	Packaging/ commercial foods	Curry in a hurry
Summer 1	Special diets and religion	Summer foods
Summer 2		Our favourite recipes from the year

Autumn 1	Week	Practical
	1	Chocolate chip cookies
	2	Cookies
	3	Breakfast pizza bread
	4	Cheese & ham muffins
	5	Sweetcorn fritters
	6	Fruit salad
	7	Vegetable wraps

Autumn 2	Week	Practical
	1	Sausage pasta
	2	Spaghetti Bolognese
	3	Vegetable fajitas
	4	Apple tart
	5	Chicken & bacon pasta bake
	6	Xmas themed cookies
	7	

Spring 1	Week	Practical
	1	Chicken fried rice
	2	Beef stir fry
	3	Strawberry fruit tarts
	4	Chicken enchiladas
	5	Pizza
	6	Sweet & sour chicken
	7	Chilli con carne

Spring 2	Week	Practical
	1	Vegetable curry
	2	Onion bargee
	3	Meat kebab
	4	Biryani
	5	Spicy Indian beef
	6	Chicken korma
	7	Easter themed

Summer 1	Week	Practical
	1	Victoria sponge
	2	Mexican chicken & rice
	3	Beef burger
	4	Chicken burger
	5	Upside down pineapple cake
	6	New York cookies
	7	